

THE AMERICAN ASSOCIATION FOR NUDE RECREATION®

BULLETIN

NOVEMBER 2021
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ACROSS THEBOARD

Thankful and Mindful
Thinking

GAT

Reflecting on 2021

CHIP'S CORNER

Good Times At
Cypress Cove

TRAVEL SPOTLIGHT

Berkshire Vista Resort



The Switch is in Effect!

Go to page 4 for more details!

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✦ SUN, FEBRUARY 13	TAMPA, FLORIDA	4PM
✦ MON, FEBRUARY 14	FUN DAY AT SEA	
✦ TUE, FEBRUARY 15	FUN DAY AT SEA	
✦ WED, FEBRUARY 16	COLÓN, PANAMA	10AM 6PM
✦ THU, FEBRUARY 17	CARTAGENA, COLOMBIA	10AM 6PM
✦ FRI, FEBRUARY 18	FUN DAY AT SEA	
✦ SAT, FEBRUARY 19	BONAIRE	9AM 10PM
✦ SUN, FEBRUARY 20	CURACAO	8AM 10PM
✦ MON, FEBRUARY 21	FUN DAY AT SEA	
✦ TUE, FEBRUARY 22	SAN JUAN, PUERTO RICO	8AM 4PM
✦ WED, FEBRUARY 23	AMBER COVE, DOMINICAN REPUBLIC*	9AM 5PM
✦ THU, FEBRUARY 24	FUN DAY AT SEA	
✦ FRI, FEBRUARY 25	NASSAU, THE BAHAMAS	8AM 4PM
✦ SAT, FEBRUARY 26	FUN DAY AT SEA	
✦ SUN, FEBRUARY 27	TAMPA, FLORIDA	8AM

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— Melissa Sigman, Editor

AANR Celebrates
90 Years of
Family-Friendly Nudism!

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This month, *The Bulletin's* theme is Thankful/Mindful Thinking!

On the cover of this issue, we have members of Suwannee Valley Resort at their Honor Wall saluting and remembering those that served. The full Honor Wall article, titled Respect and Gratitude, is on page 26.

Cover photo credit: Harry Hanbury

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A C R O S S T H E B O A R D

Thankful and Mindful Thinking



About the author
BG Parkes
AANR-Florida Trustee

Mindfulness is the practice of bringing one's attention to the present moment. It often develops through meditation or other training, though techniques and definitions are wide-ranging. It can be used to reduce stress, depression, or anxiety. Some even believe it helps with weight management, athletic performance, and children with special needs. Some people just say that it helps them "center" themselves.

As I think back over my life and the people who have come into it, a vision of our military and police immediately pops up. Of course, there are other things like family and business, but the military and police are at the forefront. It could be because it's November. We celebrate both Veteran's Day and Thanksgiving this month.

Veteran's Day is celebrated on November 11 each year. Some refer to it as Armistice Day, as it is the day that armistice was signed to end World War I in 1918, on the eleventh hour of the eleventh day of the eleventh month. It is a day set aside to honor all who have served in the United States Armed Forces. Ever walked by a veteran and not known what to say? People tell me they don't know how to show their appreciation. Sometimes people just stare and wonder. For those of us who did not serve, it may be hard to know what goes through a veteran's mind. Perhaps they have moments of sadness, comradery, and glory.

I personally reach out to try to make a difference and show that I care. Some things that anyone can do are:

- Fly the American flag correctly.
- Show up at an event to honor veterans – maybe a parade or picnic.
- Remember the difference between Memorial Day and Veterans Day. Memorial Day is for those that have passed, and Veterans Day is for those still with us.
- Include a veteran on an outing, i.e. fishing, golf, visiting a state or national park, or a veteran's club.
- Cook or purchase a meal for a veteran.
- Or just sit and talk with them. One may very well learn something. Don't be scared to let them share a story. If nothing else, walk up and say thanks. I have on many occasions walked into a restaurant and bought them a cup of coffee or tea or even lunch and then gone by the table and said, "thank you for your service!"

There are not enough words in my vocabulary to describe the gratitude I have for the men and women of our armed forces who gave the ultimate sacrifice. These heroes have given us our freedom. Because of their service, we are the country we are today. When a soldier signs their enlistment papers, they never know if they will see their loved ones again. May God bless them all.

Thanksgiving is celebrated in the United States on the fourth Thursday of November. In Canada, a similar holiday is celebrated on the second Monday in October. It commemorates a harvest festival held by the Pilgrims in 1621. Although today, for most of us, it is more about family and a huge meal, including a delicious turkey. I personally wish everyone a most Happy Thanksgiving. I pray your family can all be with you and that it is a joyous occasion.

On one final note, anyone in Florida, Georgia, or Alabama who is a Gold Star Family Member please send an email to me at BG@suwanneevalleyresort.com.

We are planning a very special event on Tuesday, April 5, 2022, and are bringing in people from all directions in Florida to meet at the Bushnell National Cemetery for a special ceremony to thank all Gold Star Families. Everyone is welcome to attend this, and you will not want to miss this honoring event to say, Thank You! ●



FAMILY-FRIENDLY NUDISM

Teaching Mindfulness



About the author
Rick Sloan

Rick Sloan is a nudist father of two and entrepreneur. He is an active school district volunteer, assisting in the development of progressive and alternative school curriculums, and is a frequent guest presenter for elementary school science classes. Rick founded, is the program director, and writes the curriculum for a nudist kids camp in Ohio.

In a world that has no end to high-energy sports and stress-inducing video games, parents can feel helpless to provide an alternative. Yet teaching children to control their stress and anxiety while giving them the tools needed to calm themselves is not difficult. For over a decade the youth camp program has sought innovative ways to not only entertain but also teach their young campers. A little over six years ago, the camp asked one of their counselors who was active in yoga if she would be willing to put together a program for the kids. She accepted the challenge and since that time, every child at camp has enjoyed as many as two yoga sessions per day.

At first, this plan to include yoga was an experiment to see what the kids would get out of it. Some children were excited to hear about the class while others were uncertain. Likewise, a couple of the counselors were not sure that they would enjoy yoga. Then something magical happened. Everyone loved it. Even club members and parents were asking to join in. Considering that nude yoga had become a hot new trend in many locations across the country, these children were on the cutting edge.

There are very few forms of exercise where the focus is as much on the brain as it is on the body. Later the counselor took specific classes for teaching yoga to young children. The program became a huge hit. While at camp this summer, each day saw around 50 people take time to slow down, breathe and calm their minds.

Now as we head into the cooler part of our year, many parents struggle to find fun and meaningful nude activities for their children. Yoga can help fill that need, and with a little guidance, one can easily lead one's children. Making time to set their clothes and stress aside will become one of their favorites. Consider acquiring one of the *Go Go Yoga for Kids* books written by Sara J. Wells. There are three books in the series. These inexpensive and easy-to-follow books can guide one through introducing yoga to children, even if one has no yoga experience.

At camp, it was found that what children get from yoga varies by age. For the youngest children, ages 5 through 8, utilizing yoga games taught in the books helps provide the child with a playful way to be active while still calming and centering their minds. Children between 9 and 12 can be the most challenging due to their high energy levels. As their leader, one will need to refocus their attention periodically at first.

Before long, as they learn their poses and breathing techniques, they will gain a sense of accomplishment and will want to demonstrate what they have learned through leading the

sessions. For the teens, the payoff is huge. They will learn and quickly master the tools and confidence needed to regulate their emotions. A common real-world application for this training is when they begin to naturally calm their nerves before a big exam or even a job interview.

Start by finding a warm quiet setting for the daily yoga event. Begin slowly with only 15- to 30-minute sessions. Use one of the books to find fun games for the little ones. Yoga mats help prevent sliding on the floor. Allowing a child to pick out their own mat will get them excited about participating.

Possibly the greatest benefit offered by yoga is the calming effect that it will have on everyone in the family. While gaining strength, balance, flexibility, and agility, the child will learn to simply take a breath and calm their racing mind. There is no better way to teach one's child to be naturally mindful and find peace in a chaotic world ●



GOVERNMENT AFFAIRS



About the author

Tim Mullins

Tim Mullins is the AANR Government Affairs Chair.

I can't say 2021 has been a memorable year for GAT. We did work on several issues, and on individual cases, we had some success. Our legislative efforts, however, produced minimal success, more like treading water rather than forward motion. This is the nature of government affairs, some years you are just reviewing ongoing proposed legislation, and other years we are actively fighting bad legislation. We can count 2021 as one of the years where, with a couple of exceptions, nudists were ignored by new bills. The exceptions appeared most strongly in Hawai'i, where administrative actions have been the bane of our nude use issues.

The use of administrative mandates to block nude use of beaches is central to Florida and Hawai'i. In Florida, there is an administrative rule that swimsuits are required on all Florida beaches. This last year, AANR-Florida was partnered with other Free Beach groups to try and get the administrative mandate removed from Florida administrative instructions. The Florida Department of Environmental Protection is the agency charged with the administration of Florida's beaches. We support the efforts to challenge that administrative section that mandates swimwear. In 2022, we will again be challenging that requirement. The Hawai'i administrative actions are more troubling. We are working to see what we can do by working with our local partners in Hawai'i to try and address the actions taken against nudists, thereby challenging those administrative actions.

One nice thing that happened this year while we were all social distancing is members and friends of AANR used the Amazon Smile Program to donate over \$1,200 this year to the AANR Education Foundation. The Education Foundation uses these funds for scholarships and education-related activities. It's great to see our members supporting that effort.

Another area where we provided support was with our local involvement and encouragement in fostering the growth of Friends of Groups. On our monthly GAT Chat, we have discussed the reorganized Friends of Little Beach group on Maui, Hawai'i, as well as groups at Lake Tahoe and Bates Beach in the West. While efforts to expand nude use fell short of our goals, we are determined to move forward as we look to the new year. ●



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Go to page 44 for the GAT Challenge!

NUDISTPROFILE

Walter Blair



About the author
Erich Schuttauf

Erich Schuttauf is a licensed, Florida attorney with 25 years of experience in state and federal courts. He received his BA from Purdue University and his Juris Doctor from Duke University School of Law. Erich is the author of two employment law guides, published by Commerce Clearing House (CCH). He has served as a Guardian Ad Litem and as an expert witness in cases involving nudist issues.

Walter Blair is proudly an AANR member from Ohio. He shares something extra special with the association, however: They're both celebrating a 90th birthday this year. As part of AANR's 90th AANRiversary events, a novel idea of locating AANR members who were born in the same year as the association (1931). Walter is such a member, and we look forward to bringing more stories about other members in future months.

Walter has not been a member since birth, but he has long appreciated nudism. As he tells it, many years ago, he often enjoyed sunbathing in the nude at the home he shared with his wife. Although she was not a nudist herself, she very much supported him in doing what he enjoyed.

She also read and learned much from nudist publications, including *The Bulletin*. After reading about Paradise Gardens outside Cincinnati back then, she suggested he visit. He did! And he very much enjoyed meeting many very nice people. Eventually, Walter obtained a site and trailer located on club grounds.

Other clubs that he has visited over the years include Sunshower Club (Centerville, Indiana) and Cypress Cove –

more on that club in a minute. When Paradise Gardens was eventually sold, Walter found and joined Cedar Trails Retreat (Peebles, Ohio).

Regrettably, Walter's wife passed away some time ago. However, he has fond memories of a trip they took together to Cypress Cove in Florida when she joined him in visiting the club. On occasion, they could stroll out on nights hand-in-hand. This year, and despite the traveling challenges of the pandemic, Walter still made the trek to the Cove.

When AANR asked Walter about what he thinks is different about nudism compared to years ago, he contemplated the question before remarking that there do not seem to be as many young people in clubs.

"We're all getting older," he quips. But he also speaks highly of and supports initiatives like AANR youth camps and region activities that are bringing people out. Happy Birthday Walter, and Happy Birthday AANR! ●



Cedar Trails Retreat.



About the author
David Hale

David Hale is a retired journalist and AANR member. He and his wife are planning their second trip together to an AANR-affiliated naturist resort.

That charming naked lady chatting, laughing, and kidding with several naked couples poolside at Wildwood Naturist Resort was happier than I'd seen her in a long time.

A professional in a high-profile, high-pressure job, she typically would have been curled up in bed at home, exhausted and sleeping in until noon. But on this Saturday morning, Amy Hale (as I'll call her), my wife of 14 years, was enjoying her first taste of naturist life amidst longtime naturists. Her body language sang arias about release and relief. It was a joy to behold.

Amy seemed fully relaxed in the August sunlight. No makeup. Salt-and-pepper hair pulled back. All she wore was SPF 50 lotion, a beautiful smile, and a cap. Work-related gremlins that usually tag along on our vacations were nowhere to be found. Body image issues? Nah.

Two hours earlier, I hadn't known what to expect as we drove to Wildwood through rolling North Texas countryside near the LBJ National Grasslands. Amy was tense and a bit tired from arising earlier than usual to make the trip with me. She looked cute in her summery top, khaki shorts, and leather sandals.

We talked and joked a bit. Now and then, she would say, "I never thought I'd do something like this. You're sure I don't have to take off my clothes if I don't want to?"

For Amy, tasteful apparel is an important career accessory. Clothing also equates to armor. Buttons are buttoned. Zippers are zipped. Cleavage? Absolutely not. She has a reputation to protect and nurture, particularly in a mostly male world of clients and colleagues. In the past, public nudity made no sense. Wildwood made no sense.

"I'm doing this for you," she told me as we backed out of our driveway.

"This is your first-ever experience," I said. "Wildwood will understand. No one will pressure you to get naked. But you must be naked if you want to swim or spend time in the pool area."

Amy had surprised me earlier in the week when she said she'd like to go to Wildwood with me.

I had been a member there and a widower before we met 16 years ago. One of the first things she had learned about me was my love of naturism. She was amused and skeptical of my insistence that one could be naked with naked people without an orgy in mind. But she was tolerant and humored me.

Over the years, Amy had heard me speak of Wildwood many times. She was used to me tackling backyard gardening and household chores clothes-free. "Naked Boy," she nicknamed me. "Wildwood" became an adjective and a verb associated with whatever I was doing. "Wildwood time?" she would ask while I tended flower gardens naked. "Wildwooding today?"

I had sacrificed my resort membership when we married. But I had never stopped missing the wonderfully therapeutic freedoms found at naturist resorts and how I had discovered fantastic arrays of human interaction when workplace masks and textile barriers were checked at the door.

After a year and a half of dealing with COVID-19 pressures and surviving my own battle with the virus, I had decided in early August that I needed to decompress at Wildwood. I arranged a visit and invited Amy who declined, saying, "I don't need to see a lot of naked people and penises. And I've gained all this weight..."

"Amy," I said, "the point is not bodies. Naturists see lots of them. Bodies don't matter. The point is freedom from toxic forces

in our lives and being able to explore joy. Naturism heals. It's about finding beauty of mind and spirit."

Yeah? Blah, blah, blah. Amy wasn't buying such utopian talk from her aging Hippie husband 20 years her senior. But evidently, something was resonating within her.

Two nights before my trip, Amy and I were on our couch, watching TV.

"Hey," she said. "I'd like to go with you. To Wildwood."

"Oh? That's great," I said, trying not to make too big a deal out of it although inside I was shouting hallelujahs. "I'll email Wildwood and let them know you'll be with me." I didn't ask what had changed her mind. I didn't want to pry. None of that mattered anyway.

Waking her up that Saturday morning was an ordeal of gentle coaxing. We managed to leave only 15 minutes late. When we pulled up in front of the clubhouse an hour later, Amy glanced wide-eyed at me. "I'm doing this for you," she reminded me.

"Let the therapy begin," I said with a laugh as I hopped out of the car, shucked my shorts and T-shirt, and grabbed our towels and beach bag loaded with lunch, sunscreen, and extra towels.

Once we were checked in, Wildwood co-founder Connie, who, of course, was naked and tanned as brown as a gingersnap, gave Amy a tour of the clubhouse, the pool area, and unisex outdoor showers while going over various policies. She showed Amy the ladies' room and mentioned that Amy could "change" in there – if she wished. Amy grinned at me and shrugged her shoulders as she went in.

I waited in the hallway, perusing wall art. Then I heard the ladies' room door open. Out walked naked Amy, smiling. I was speechless. All I could do was smile back and offer silent applause. She had folded her clothes as neatly as ever and held them out to me. "Will you take these to the car?" she asked.

As I carried her things across the parking lot, I felt deeply humbled. Amy had entrusted much to me and Wildwood. We would take good care of her.

Back inside, I found Amy near the entrance to the pool area. We placed free stickers over our cellphone camera lenses and stored our lunch in the fridge.

"C'mon!" Amy said. "I want to get in that pool."

Only about four other people were there at that time of day, which eased Amy's worries. They were at the east pool. We were at the west pool. We swam for a while, our first in nearly two years, then climbed out and spread our towels on poolside lounge chairs for some sunning. "Ahhh," Amy said as she lay on her back, eyes closed, at rest. "This is wonderful."

Not long afterward, other naked visitors and residents of all shapes and sizes arrived. Amy made no effort to reach for her light coverup and greeted each person with a cheery "good morning." I could see familiar and priceless marks of naturism forming within her: trust, respect, and refreshment. No one ogled her. No one hit on her. No one would. Yes, she was naked. Yes, they were, too. No one cared. Naked was normal.

Before long, it was time for a shower and another swim. As we splashed around, several couples and singles joined us. Everyone said hello and talked about everything from herbal teas to favorite movies and vacation adventures. We were all just people learning about and accepting each other.

Lack of sleep and a deep state of relaxation eventually caught up with Amy, so we called it a day and said goodbyes to our new friends. But we'll reprise the trip. "Will you come back with me?" I asked her. "Sure," she said, "when the weather gets cooler."

My wife may or may not join me as a naturist. "I still enjoy clothes," she said. But at least she can also say, "I liked being naked." ●



FROM THE MAIL BAG FROM THE MAIL BAG FROM THE MAIL BAG



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Letter to the Editor

To the Editor:

In the October, 2021, issue of *The Bulletin*, author Chip Hayward offered an article that unfortunately includes wholly nonfactual claims. On page 21, Hayward writes:

"As unfair as it may seem, men can take off their shirts in public, but not a woman in 44 states. However, six states – Wyoming, Utah, Colorado, New Mexico, Kansas, and Oklahoma – have made it legal for women to go topless in public. In these states, women have the right to do so, just like a man."

First, I'm not a lawyer, and nothing I say should be taken as legal advice. Second, I share Mr. Hayward's wishful sentiments on the matter. But third – and most importantly – the facts simply don't support his conclusions.

Ignoring the glaring inaccuracy of the generalization concerning 44 states, here are the facts from which the bogus conclusion was apparently drawn, involving the six named states.

In 2016, two women, Brittany Hoagland and Samantha Six, sued the city of Fort Collins, Colorado, in federal district court, contending that the city's ordinance prohibiting the exposure of breasts in public – but only for women – was unconstitutional. Hoagland and Six alleged that the ordinance violated the Equal Protection Clause of the U.S. Constitution (Amendment XIV, section 1). The case was *Free the Nipple v. City of Fort Collins*.

The plaintiffs requested a preliminary injunction to halt enforcement of the discriminatory ordinance. The federal district court agreed, enjoining the City from enforcing the ordinance, to the extent that it prohibits women, and not men, from knowingly exposing their breasts. The injunction was issued pending a resolution of the merits of the case.

The City of Fort Collins appealed the imposition of the injunction, alone. It's important to note that no court had yet ruled on the merits of the case itself.

The Tenth U.S. Circuit Court of Appeals took up the very narrow matter of the injunction, asking specifically whether the district court had created a reversible error in issuing the injunction. Finding no error, the Court sent the case back to the lower court for further proceedings.

This procedural back-and-forth is relatively common. It does not determine the ultimate outcome of the case. However, it can give the parties an insight into how the appellate court might handle the substance of the case, when it rules on something more than procedural issues.

Sensing rough sledding ahead in the 10th Circuit, the City of Fort Collins chose to fold completely. The City dropped its opposition to the lawsuit, and it took the remarkable step of rescinding the original ordinance altogether!

The 10th Circuit had instructed the lower court to continue with "further proceedings," but now, there was literally nothing left on which to proceed. The defendant had capitulated, and the ordinance had been erased.

The *Bulletin* article declares "six states [naming those of the Tenth Circuit]... have made it legal for women to go topless in public." But that's just factually incorrect. Nothing made it legal. It never got that far.

Bob Morton
Manchaca, Texas

TO LIVE NUDE AND LEAN

Thankful/Mindful Thinking



About the author
Pete Williams

Longtime AANR writer Pete Williams is an NASM-certified personal trainer who writes about fitness and simple living at www.ToLiveLean.com. Do you have an idea for a "Sporting Life" story, or does your club have an unusual sports tradition? Email editor@aanr.com.

Thanksgiving is supposed to be a day of mindful thinking and giving thanks for what we have. Instead, it's evolved over the last few decades into a celebration of excess, a weekend of pursuing more. So, we eat more, watch more television (three NFL games instead of two), and buy more for Christmas.

How did it come to this? Thanksgiving used to be about gathering with family, some of whom we haven't seen in at least a year, and taking a step back from jobs and commitments to relax and give thanks.

As nudists, we're predisposed to living simple, get-back-to-nature lives, free from digital distractions, advertising, and consumerism. This Thanksgiving, let's take a mindful approach to what we have, remove what we no longer use or need, and consider how little we need to acquire this Christmas and beyond to live a mindful life. Here's how:

LOSE THE CLOTHES: Thanksgiving and nude recreation are a good fit, especially in warmer climates. But don't just toss the clothes aside for a few hours. Get rid of some permanently. Instead of attending Black Friday sales of new clothes, avoid crowds by staying home and purging your own. Put on music and invite visiting family members or friends into your closets. They'll let you know which clothes no longer fit, are no longer in style, and should be marked for donations. If yours is a nudist-friendly gathering, get undressed. It will be that much easier to try on clothes buried in the closet to see if they still fit. And if they don't, you can let a nude relative or friend try them on for size. Assembling a large bag of clothes for donation is a reminder that we have far more than we require and need not rush out to purchase more.

MAKE LIKE A TURKEY: Because of the running boom of recent years, there's now a "Turkey Trot" 5K run in most communities, and many have returned this year after the pandemic cancellations of 2020. Why not begin

Thanksgiving Day by getting up early and participating in a race? Even if you rarely run, you still can walk the event. It's a great way to spend time with family and friends, and you'll feel better about having a heavy meal later if you've burnt some calories beforehand. Many races even have Wednesday night packet pickup parties with refreshments and activities.

GO FOR A WALK: Instead of collapsing in front of the television in a Thanksgiving food coma, go for a walk with a family member you rarely see. If you're at an AANR club or nude beach, go for a walk in the nude. There's no better escape from our modern world of noise and digital distraction than leaving the smartphone at home and taking a walk along the beach or in nature. If you're looking to be more mindful and thankful, there's no better, simpler way to do so than by taking a walk.

MAKE MOVIES: One of the most difficult parts of losing a loved one is the regret that there's so little video footage of that person. In the smartphone era, there's no excuse. Make it a point this Thanksgiving to take videos of your family get-together. Have younger family members interview older ones about their lives. Shoot footage of everyone doing everyday things, such as cooking or chatting around the dinner table. Some day that video will be priceless.

GIVE AWAY LEFTOVERS: Some people love to eat turkey, stuffing, cranberries, and other leftovers until they go back to work on Monday. But the reason people gain weight over Thanksgiving is not because of the meal itself. It's because they keep eating this high-calorie, high-fat food for the next three to five days. Avoid this predicament and show your generosity by packing up leftovers for guests who drove over. This also is a great opportunity to unload excess plastic containers. The process also sets the stage for the Christmas season, where it's better to give than receive.●





BERKSHIRE VISTA RESORT



About the author

Harry and Theresa Hanbury

Harry and Theresa Hanbury are on a tour of the nudist world. They will see North America by motor home and elsewhere on the clothing-optional Bare Necessities Cruises. If you would like to sail with them, call 239-272-5274 or email hanbury@gmail.com.

In 1994, the nudist club, Birch Acres, in Hancock, Massachusetts, floundered financially and was purchased at auction by non-nudists Dan and Ginny Bookstein. Dan, a former engineer from the NASA Jet Propulsion Laboratory found the majestic views irresistible and consulted with a team of college business students who took it on as a project. Everyone determined that continuing as a nudist resort was the best course of action.

It turned out to be a great decision as it is now well managed and profitable. One unusual marketing feature was the decision to advertise to the non-nudist world via Go Camping America and CampMass.com. Textile campers are invited to visit and in an atmosphere without pressure, many have liked it and become nudists. Even though the camping is billed as clothing optional, the pool, hot tubs, showers, and sauna are for nude use only and normal nudist protocols like sitting on a towel and no photography are enforced.

The resort is on the Massachusetts side of the New York state border and 12 miles south of Vermont. Hikers will



TRAVELSPOTLIGHT

appreciate that the Appalachian Trail is only eight miles away. Fifteen thousand acres of state park edge the resort on one side while an additional 89 acres of land owned by the Booksteins bound the other side. This virtually guarantees privacy and tranquility into the distant future.

Award-winning Chef Scott Karius serves food that is worthy of any top-tier dining establishment, and bartender, Kim Hagg, makes a Bloody Mary that is just shy of a meal! Imagine fine dining in the nude, on the deck with a view of this magnificent forest, at a table with a fire pit in the middle, watching barn swallows and goldfinches buzz the grounds. It's better than any textile restaurant I've experienced.

A 120-seat poolside bar and grill with a deck of its own and tables with large umbrellas provide shade as one sips a cool drink or enjoys a meal. This is resort living! All due to more than \$1.5 million in improvements made since acquiring the property.

Subscribe to the "Happenings" Newsletter, for the full calendar of events, which will include gift drawings, live entertainment, a dance every Saturday night, pool parties every weekend, and many special events from a charity chili cook-off to the most famous gathering of the year, Spaghetti.

The resort is on a long hillside with three neighborhoods. "Heaven" is at the top of the slope and looks down on "Snob Hill" in the center, where the owners live near the clubhouse and pool. They look downhill on the humorously named "Ghetto" at the bottom. More than three hundred people come to end the season by enjoying spaghetti in the ghetto, so ever since 1981, "Spaghetti" has been the best party of the year!

Don't fear a rainy day in this neighborhood. The Berkshires boast dozens of educational and entertaining diversions to justify a day trip outside the resort. There are many museums, the Berkshire Scenic railway, and Tanglewood, (the summer home of the Boston Symphony Orchestra), to name but a few.

The best part of any nudist resort is the people. Here we found staff, residents, and temporary visitors having fun and honoring AANR rules of behavior. They are a credit to the nudist world. Go and see for yourself and have a wonderful experience! ●





WHITE THORN LODGE

CELEBRATES ITS 50TH SUPERBOWL VOLLEYBALL TOURNAMENT

By: Robert "Huggybob" Ebert, Lewis Maxwell, and Tina Prestas

It was that time of the year for all nudist volleyball players to travel to Darlington, Pennsylvania, to play and party at White Thorn Lodge, home of the Superbowl volleyball tournament, which this year marked its 50th anniversary. It's where we would get up each morning and hear the famous words from Betty and Wayne Alwine, "Good morning volleyball lovers!" Then we would crawl out of our tents, RVs, and cabins to wake up with coffee and the aches and pains from the day before to play more volleyball.

It has been one year since the coronavirus postponed life as we knew it, but finally, we were able to hold this memorable event in September 2021 when players and spectators all came to Whitethorn Lodge to enjoy this major event. We were able to have a spectacular 10-day event, where great fun and memorable volleyball were experienced while America and the world tried to get back to a somewhat normal routine. We also honored and remembered the 20th anniversary of the victims and families of the 9/11 attacks in the opening ceremonies on Friday night, where we raised the American and Canadian flags, followed by the lighting of the White Thorn volleyball torch. They will be

in our hearts, and memories forever. Then all the winners from the previous year (this time 2019) were announced as they came out and celebrated their victories.

The first Superbowl dates back to 1971. Wayne and Betty had participated in two nudist volleyball leagues in the eastern Midwest and had the idea to join the two leagues at the end of the season, invite other teams, and sponsor a huge tournament. Wayne asked White Thorn if they would be willing to host the tournament as a neutral club.

It was held the last weekend in August 1971 on two dirt courts. The tournament grew, and soon it was decided that it would be held on the weekend after Labor Day. It is now the largest tournament of its kind, with many participants returning year after year for the best bargain fun of the summer.

In 2003, responding to many participants who arrived early in the week or even the weekend prior, early-bird tournaments were added on Labor Day, Monday thru Thursday, with evening entertainment options during the week. Then continuing to address the early birds in 2011, the club began a 10-day/9-night promotional offering using

the volleyball Nakation™ motif. With the availability of deep beautiful white sand courts, the game goes on rain or shine. This was seen in 2007 when the AA and A Sunday playoffs needed to finish the tournament because of rainy weather. Also, ESPN did a great article on White Thorn in 2009 that described the great fun had by all when they came to participate in the tournament. You can locate this article online and learn more about it.

White Thorn Lodge has hosted this nude volleyball tournament on the weekend after Labor Day since 1971, and 2021 is the celebration of its 50th anniversary. This year, commemorative T-shirts were available for purchase, some honoring tournaments, as well as the originators, Betty and Wayne. A raffle consisting of 50 prizes was made available to everyone just for showing up, at no additional charge. A contest was run for anyone who brought the most first-time visitors to Superbowl, and in exchange, they were awarded a pass to the next five years' Superbowls.

The first 1,000 visitors were given a swag bag full of lots of goodies.

Some clubs that attend this tournament every year are Lake Como, Sandy Hook, Cortland, Empire Haven, Tiki Tomba, Penn Sylvan, Whitetail Park, Cedar Trails, Pine Tree, Land Falls, Blue Lakes, Cherry Lane, Rockhaven, Sun Shower, Solair, Macatawa, Alpine, Turtle Lake, Avalon, Ponderosa, and Road Warriors, just to name a few. They come from all over America, Canada, Europe, even Australia!



Although this year our Canadian friends were not able to be in attendance due to the coronavirus, White Thorn hopes to welcome them back in 2022 for Superbowl 51.

Games started Labor Day weekend, going all week long to the final weekend of sixes in all divisions, with winners every day.

Friday generally is a relaxing day with volleyball drills provided by the Tiki Tomba, pick-up volleyball games, and a pool party. This year, a first-time Master's tournament was also held on Friday for visitors aged 50 and over as an incentive to come back and play even for a few hours.

Friday and Saturday night activities were filled with DJs, dancing, and singing around the campfire. This is the most enjoyable time because friends hang out on the main court and the White Thorn clubhouse, talking about all the good times we had since the beginning of the Superbowl until 2 a.m. Afterward, everyone rolls out of their beds to play more volleyball!

Then Sunday night, the true spirit of volleyball continued as we celebrated into the night with The Blender party hosted by Larry from Sandy Hook, a tradition that's been going on for many decades.

White Thorn Lodge is a family nudist campground nestled in the hills of Western Pennsylvania, about an hour from Pittsburgh, Cleveland, Erie, Canton, and Wheeling.

The 40' x 60' clubhouse, with its stone and concrete patio, is the focus of club social events. Members and guests attend the weekend dances with bands and DJs, dinners, meetings, yoga, and other types of exercise.

The 28' x 60' heated swimming pool, sunning deck, and in-ground conversation pool was christened in the Spring of 2013. Both pools are fully handicapped accessible, which includes lifts to enter and exit the water as well as proper wheelchair ramps to access the sunning area. Outdoor showers, an indoor bathhouse, and the sauna are only a few feet away.

White Thorn has one tennis court and three hard volleyball courts, two (new in 2016) pickleball courts, and three deep sand volleyball courts. Nearby, a grass all-purpose playing field is used for cornhole. This field is transformed into grass volleyball courts for Superbowl, and the tennis/pickleball courts become two additional Superbowl volleyball courts.

The snack bar is managed and staffed by the members. Breakfast and lunch are served Saturdays, Sundays, and Holidays.

Four rental rooms were built by the members (as were most facilities at White Thorn) and face the large open camping area. We recommend that you make a reservation well in advance of a visit.

The bocce court with its surrounding lawn is a favorite gathering place every day and evening for both experienced and novice bocce players. The pool and children's playground are close by.

A relaxing natural haven in our more than 200 wooded

acres, White Thorn offers a family-friendly atmosphere, campgrounds, sports, recreational facilities, weekend events, and the opportunity for renewal that is unique to the nudist experience. For all information on White Thorn go to <https://whitethornlodge.org/>. It is a very beautiful place to be one with nature, and I recommend that everyone should visit White Thorn any time of the year, from Memorial Day to Labor Day! ●





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Nudist Hall of Fame: James Sutherlin, Sr.



About the author
Paul LeValley

Details about Paul's big books on nude art and the ancient Gymnosophists can be found at www.paullevalley.com. His reviews of nudist-friendly movies are posted at www.tnsprofessorsig.org and are being prepared for publication as a book.

Dare I say it? Sometimes, the easiest way to get into the Nudist Hall of Fame is to die shortly before nominations are due. A wave of sympathy can carry a lot of weight. At least it seemed to in 1973, when beloved and respected Jim Sutherlin and Jim Cossins were entered posthumously into the Hall of Fame.

What did they do that was famous?

Well, Jim Sutherlin is credited with rewriting the ASA articles of incorporation and bylaws in 1951, establishing a democratic organization. He was part of the group led by Rudolph Johnson who wrested power from the dictatorial Ilsley Boone.

Born William James Sutherlin in 1899 in Spokane (where he lived all his life), he went by Jim to distinguish himself from his father, another William. Later, when he named his son James William, he added Sr. to his own name.

He had seen a nudist magazine and was intrigued. But that plan got delayed when his wife suffered through a long convalescence following surgery. To his delight, the doctor recommended nude sunbathing to speed her recovery. At first, they found private spots; then they visited the Hesperians in Portland, Oregon. The next year, in 1939, he and his wife founded the Sunway Society in Spokane.

After a fractious history, the club eventually changed its name to Kaniksu Ranch.

According to a note in the American Nudist Research Library, he wrote a few articles in nudist magazines, under the pen names Carl Hibbard or Tom Ayling.

He served as secretary-treasurer of the Northwestern Sunbathing Association for a few years, followed by five terms as ASA secretary-treasurer. In 1962, he was elected vice-president of the ASA. He suffered several heart attacks, one of which killed him in 1969, at age 69.

Jim Cossins was born in 1909 in Minnesota, the youngest of seven children.

He studied accounting at Hamline University in St. Paul, but he preferred working with his hands and spent his life as a carpenter. During his many years on nudist boards, he was a doer, not a talker. He attended township meetings because he recognized the importance of friendly relations with the neighbors.

In 1961, the Gopher State Outdoor Club split into two groups: Avatan and The Oakwood Club, with Jim Cossins elected president of the latter. He served five terms as president of the Central Sunbathing Association at a time when it included ASA clubs, as well as members of Ilsley Boone's rival National Nudist Council. Cossins held them together.

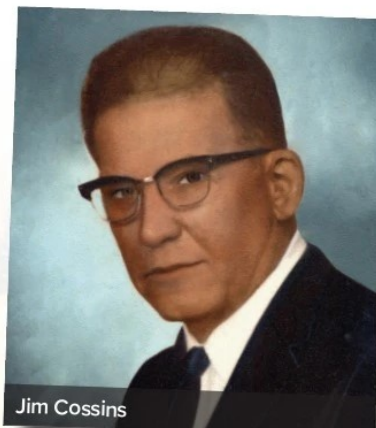
One person commented, "With a twinkle in his eye, he could make you forget any disagreement, and problems discussed with him were easily dissolved."

From as far away as Florida, Arthur Cotterill wrote, "Jim was a big man in more ways than one, and I will always remember his warm handshake and his very likable personality."

He later served three terms on the ASA board of trustees. Popular and capable, he died in 1971 at age 62.

To honor Jim Cossins and his tireless work for nudism in the midwest, the Midwestern Sunbathing Association proposed a national award in his name, to be given annually to the person who, in the opinion of the ASA president, had done the most for nudism that year, and exemplified Jim's helpful spirit.

When ASA president George Blicher presented the first Jim Cossins Memorial Award to Tom Goin in 1972, Blicher stated, "I remembered Jim Cossins as I knew him; a man loved and respected by every member. It came to my mind that his character was best defined by the one word, 'unselfish.'"●



Jim Cossins



Jim Sutherlin and Ron King

CHIP'S CORNER

GOOD TIMES AT CYPRESS COVE



About the author
Chip Hayward

Whitney Chipman Hayward is a vocalist, musician, songwriter, author, and a retired aerospace engineer living in Ocala, Florida. Chip's background in writing goes back to his Army days, when he was the lead reporter and editor-in-chief of his company's newspaper. He later wrote monthly articles for several nationally published magazines. Currently, Chip is in the process of publishing two books he has authored. As an AANR member, he has regularly enjoyed the freedom to be a naturist at Haulover Beach, Apollo Beach, and the Suwannee Valley Resort in White Springs, Florida.

One of the best nude resorts I've experienced is Cypress Cove, Kissimmee, Florida. There, one can enjoy two pools, two Jacuzzis, several outdoor showers, many sports activities, and a beautiful lakeside beach offering free pedal boats, kayaks, paddleboards, and canoes. In addition, there is an excellent restaurant called "Cheeks," where the meals are downright delicious. It's next to the pool with the beautiful waterfall.

For the last few Saturdays, I've enjoyed many of the amenities at Cypress Cove, as well as the great poolside music provided by Xavier Payne, DJ for "Excellence Entertainment." He's been a DJ for 16 years and entertains at Cypress Cove on Saturdays, and for special events, such as the 5K Race Weekend, Labor Day, and the "Not So Parrot Head Weekend." It was called that because there were no tents, parades, and live music this year due to COVID-19. Xavier plays a wide variety of music, including line-dancing songs such as the Cupid Shuffle and the Electric Slide. Several people enjoyed dancing poolside to these popular tunes.

Xavier works with two assistants who help him entertain the guests in and around the pool next to Cheek's restaurant. They are David Webb and Herman Gallon.

David brings a microphone poolside and asks for a volunteer to play the games he's created. One of them is "Nudist Resort or Retirement Home?" He names a place, such as "Sunny Acres," and the volunteer must guess which it is. He also does this with other games, such as "Dead or Not Dead Celebrities," and "Which Came First?" An example would be Pepsi or Coke? David awards winning contestants with gifts, such as beach towels and free drinks at Cheeks. David also entertains the guests in the pool by tossing them Jell-O Shots in covered plastic cups and plastic nip bottles of liquor. Occasionally, he tosses them beaded necklaces to add to the fun.

Herman Gallon has been a bartender at Cypress Cove for 14 years, and he assists Xavier. Last Saturday was the 20th anniversary of the 9/11 tragedy. Herman climbed up onto the pool fountain and held up a big American flag, while Xavier requested a moment of silence to honor the victims of that horrible day. He then played the National Anthem and everyone held their hands over their hearts in reverence. On Patriots Day, Herman helped to bring out the flags of all the military services, while Xavier gave a tribute to honor the veterans there. In addition, Herman enjoys baking and selling cheesecake, cookies, and other tempting delights, with the proceeds going to Breast Cancer Research, and other local charities. Today, he also sold tickets for a drawing, with the grand

prize being a 50" Vizio TV. The proceeds for the drawing are also donated toward a cure for cancer.

On Saturday of the Labor Day weekend, many young families were enjoying fun activities by the lake. In the field, there were two inflatable structures called "bounce houses." One was in the form of a big water slide and the kids were having the time of their lives sliding down it. The other one was a horizontal slide-through tunnel, where the kids could run and slide on their tummies. Their laughter was infectious and some of their parents also joined in the fun. In addition, there was a jet ski on the lake, towing kids across the water on a rubber raft. They loved it and their jubilant laughter brought happiness to everyone there. These are just some of the good times I've had at the wonderful Cypress Cove Nudist Resort. ●



ART IN REVIEW

NAKED AND GRATEFUL



About the author
Tom Quinn

Tom Quinn holds degrees in fine art and art history and is an artist living in Spokane, Washington. A member of Kaniksu Ranch since 1992, he has created several murals in the Northwest, as well as book and magazine illustrations. He has been teaching art history and fine art in Spokane since 1993. His web page is www.quinntheartist.com.

Few masterpieces in the history of art have depicted the emotion of gratitude so vividly as Peter Paul Rubens' 1639 painting, *Perseus and Andromeda*. Here, the princess of Ethiopia, chained naked to a rock, is released by the hero Perseus, fresh from his decapitation of the Gorgon Medusa.

Some depictions of the myth show Perseus riding to Andromeda's rescue on the winged horse, Pegasus, but according to Edith Hamilton, Pegasus emerged from the blood of Medusa. Perseus may have been aware of Pegasus, but there is no record of his ever riding him. Other paintings show Perseus flying with the aid of winged sandals, lent to him by the god Mercury. Rubens shows neither.

Andromeda was the daughter of the Ethiopian queen Cassiopeia, who made the mistake of boasting that she was more beautiful than the daughters of Nereus, the sea god. Rather than punishing her directly, the gods turned the people of Ethiopia against the king and queen by calling out a sea serpent that regularly devoured their subjects. An oracle told King Cephus that the only way to appease the monster was to offer up his daughter as a sacrifice. And so, with great reluctance, the king had Andromeda chained to a rock until such time as she was devoured or rescued.

Fortunately, Perseus just happened to be in the neighborhood. He fell in love with the princess and asked her parents for her hand in marriage. They consented, of course, and Perseus decapitated the sea serpent. He unchained the immensely grateful princess and made her his bride.

In Rubens' painting, she looks as much in love as her rescuer. Hovering behind them is Cupid, urging Perseus to get closer, followed by Hymen, the goddess of marriage. Like all of Rubens' female nudes, Andromeda has the pale complexion and soft, fleshy body possible in his day only for a privileged princess. She is "Rubenesque," meaning plump and soft by 21st century standards, but hardly fat.

No written variation of the myth says Andromeda was naked when she was sacrificed, but artists since the Renaissance have preferred to depict her that way. Other painters include Titian, Giambattista Tiepolo, Frederick Lord Leighton, Eugène Delacroix, and Gustave Moreau. Jean-Auguste-Dominique Ingres painted Perseus and Andromeda several times, as well as the very similar legend of Roger and Angelica – always with the woman nude.

A rare anomaly is the German painter Anton Raphael Mengs, who in 1778 showed Andromeda wearing a Greek gown and

Perseus in his birthday suit. That's the way Classical artists, in Greek pottery and Roman frescoes, usually depicted them. One fresco, from House of the Dioscuri in Pompeii, is particularly sophisticated, showing a mastery of human anatomy, color modeling, and texture that would not be surpassed until the Renaissance. Like most Roman paintings, it was copied from a now-lost Greek original and, like them, it gives a tantalizing look at the great, lost legacy of ancient Greek painting. ●



Jean-Auguste-Dominique Ingres, *Roger Freeing Angelica*, 1819.



Peter Paul Rubens, *Perseus and Andromeda*, 1639.

Perseus Rescuing Andromeda, Pompeian Fresco.



About the author
James Schaefer

I have been a nudist since my late teens. My wife Melissa Schaefer and I are long time members of Wildwood Naturist Resort in Denton, Texas. We have visited over 30 nudist resorts, clubs, parks and beaches around the world.

The August heat in Texas can be unbearable. We scamper from one air-conditioned place to another as quickly as we can. From the car to the house, work or shopping and back again. Other times it is a run to the swimming pool, which often is only imperceptibly cooler than the ambient temperature. Melissa Schaefer and I decided to escape the heat, if only for a few weeks, in Colorado. Mountain Air Ranch (MAR) in Littleton, Colorado, (Southwest of Denver about 30 miles) was our first stop. MAR rests on 150 acres with the majority of the development situated along the valley floor.



Friday and Saturday, we stayed in The Lodge, a four-bedroom guesthouse with a shared kitchen and bathrooms. The accommodations were extremely comfortable. Our room was spacious and included a small desk, loveseat, and king-size bed.

MAR's swimming pool area was first class with a restaurant, ice cream parlor, and shop for forgotten items like sunscreen or extra towels. The Lost Bikini Grill Friday Night Special was a delectable pulled pork sandwich. Friday was also karaoke night. Melissa and I watched as many singers as we could before the fatigue of the day caught up with us. We quickly fell asleep on our comfortable bed.

After a delicious breakfast burrito at Lost Bikini Grill, Melissa and I hiked a few of the well-marked and maintained trails. It was a tremendous time hiking with just boots, a hat, and a smile. The views were glorious – mountains, forest, and an occasional chipmunk or rabbit scuttering around. All along the trails were respites, a bench or chairs in a clearing with a tranquil view. At Glen's Rock, there is a chair secured on top of the boulder reachable by ladder and rope climb. Saturday afternoon was a members mixer, with light snacks, beer, wine, soda, and water provided. This was a great time to meet and visit with everyone. Melissa and I had some delightful conversations. The Membership Committee made sure Melissa and I felt welcomed.

Sunday morning, we felt sad having to leave Colorado's paradise, especially since the following weekend there was going to be body painting that we hated to miss. Maybe next visit.

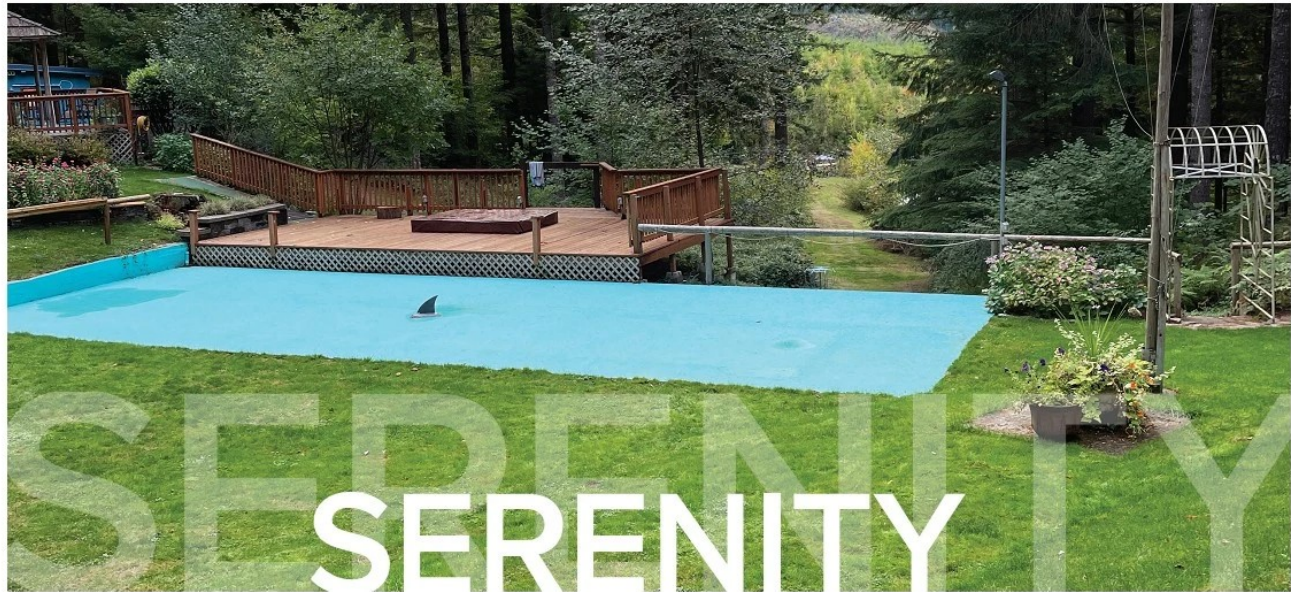
After two weeks elsewhere in Colorado in the textile world, we lighted on Valley View Hot Springs (VVHS). Valley View Hot

Springs is a clothing optional space owned and operated by Orient Land Trust, a charitable non-profit organization. The hot springs are located in an isolated resort at the foot of the Sangre de Cristo range, about an hour south of Salida, Colorado. VVHS is a series of seven all-natural soaking ponds along wilderness trails, a geothermally and hydroelectrically heated hot tub, and a spring-fed swimming pool. The water temperatures (98 F to 107 F) can vary dramatically as these ponds mix with snow-melt. VVHS has a few cabins to rent as well as tent and RV sites. We were not prepared for camping so our visit was limited to the light of day.

Melissa and I went to all the different pools/ponds scattered around the property. The most remote ponds, the Top Ponds, are up a short, but steep quarter-mile trail, which is well worth the effort. Our favorite was the Apple Tree Pool. There were a couple dozen people, couples and families, at VVHS during our visit. The children especially were enjoying themselves. Melissa and I were a little surprised talking with one of the regular couples who didn't seem to have ever heard of AANR or that other nudist resorts existed – we filled them in. An abandoned mine on the property is home to Colorado's largest colony of migrating bachelor Mexican free-tailed bats. Around sunset, about 250,000 bats spiral out of the mine in a dark cloud for about 20 minutes. We had to miss this wonder of nature. There is almost no artificial lighting so we wanted to be on the way out by sunset.

Over our three weeks in Colorado, we experienced low temperatures of 38 degrees and highs in the mid-80s. We managed to accomplish our goal of avoiding the heat, so much so that we will likely repeat next summer. ●





About the author
Andee Rodgers
AANR-Northwest Vice President

A freshly brewed cup of coffee in hand, I head out to the deck, spread out the towel for my bum, and sink into the sun-soaked cushions. The scenery is nothing less than spectacular as the sunlight filters its way through the cedars and pines. A pathway leading down to the lake lends way to a small slice of glistening water adding to my glorious morning view. The peace and calm of the morning refreshes my soul. The sun works its magic of warming my naked body thoroughly while filling me with the day's essential dose of vitamin D.

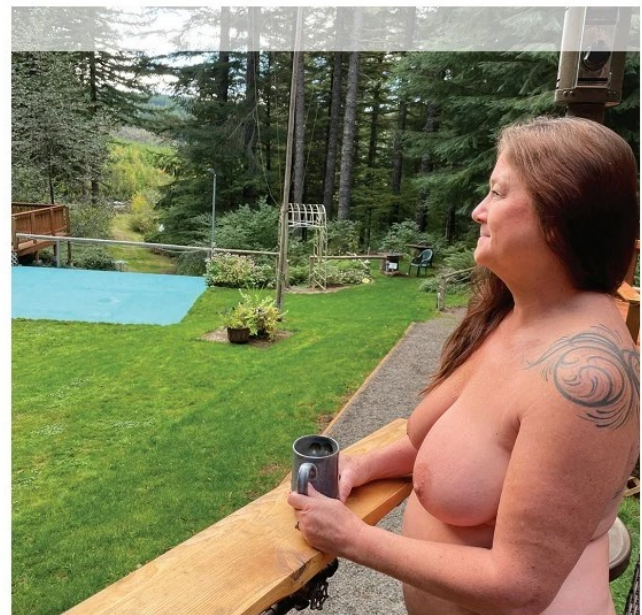
There's faint chatter from the early risers who start their morning off with a good long soak in the conversation hot tub. A golf cart rumbles by carrying its owner to the gym for his morning workout. Two cabins over, the neighbors are heading down their front steps and walking my way. We exchange good morning greetings with an invitation to join them in the hot tub. I tell them, "Thank you, no." I'm not ready to leave my front porch oasis just yet.

From my deck, I watch as a doe and her twin fawns meander and nibble on the grass down by the lake. Our resident owl swoops in to grab a two-foot-long garden snake from under the flower beds; thank you very much, Mr. Owl. Squirrels chase each other round and round trees, scrambling up and out of sight quicker than my eyes can keep up with them. Swiftly, they are gone to another part of the forest to continue their shenanigans.

There's a young family with a set of twins camping across the way. The kids are thoroughly enjoying the playground, especially the toy cars. You know, the ones they can crawl in and drive. They race each other down the gently sloped hill and, with great earnestness, push the cars back up the hill for another run down, and another, and another.

The young couple staying in the guest lodge have decided to try out the wood-fired sauna. After a good twenty minutes, they run and jump in the lake, then quickly head back to the sauna for another session to sweat out their cares.

I am completely blessed to live a life with such luxury. The luxury of peace and serenity, friends who become family, and a lifestyle that continues to build my self-confidence. Of slow, easy mornings with a cup, or two, of dark-roasted coffee with a hint of cream to help me contemplate what I'm going to do the rest of the day. ●



RESPECT AND GRATITUDE



About the author
Harry and Theresa Hanbury

Harry and Theresa Hanbury are on a tour of the nudist world. They will see North America by motor home and elsewhere on the clothing-optional Bare Necessities Cruises. If you would like to sail with them, call 239-272-5274 or email hanbury@gmail.com.

Suwannee Valley Resort is a very special place, more for the people it attracts than anything else. It's the kind of place where if one called out, "Hey, Master Chief," three heads might turn! The population skews toward retired military and first responders. Respect for service runs deep here. The clubhouse is decorated in a patriotic theme. The tabletops bear the insignias of police, fire, and all service branches. Military flags and art decorate the walls.

The owners are BG Parkes, formerly of Bare Buns Bikers, and Tom Gillenwater, retired from the U.S. Navy where he spent some time as a SEAL. They run the resort as though it's the nudist branch of the armed forces. The grounds are ship-shape, beautifully maintained, and if it doesn't move, they paint it!

All service-connected holidays provoke a ceremony to honor that small percentage of our population who place duty, honor, and service above their personal safety. This sacrifice allows the rest of us to sleep well at night, speak English, and prosper.

To recognize these brave veterans a dedicated group of volunteers put in hundreds of hours of labor to erect the "Honor Wall," built of bricks bearing the names of veterans, living or dead, and their service branches. Grateful admirers and family members offered donations to finance the construction. The wall is situated on a field of beautifully laid brick pavers on a groomed lawn, in the shadow of tall flagpoles lifting skyward the insignia flags of all the military branches, police, fire, old glory, and the POW/MIA banner reminding us to never forget the service of our fallen and missing patriots. A sturdy handmade bench provides a

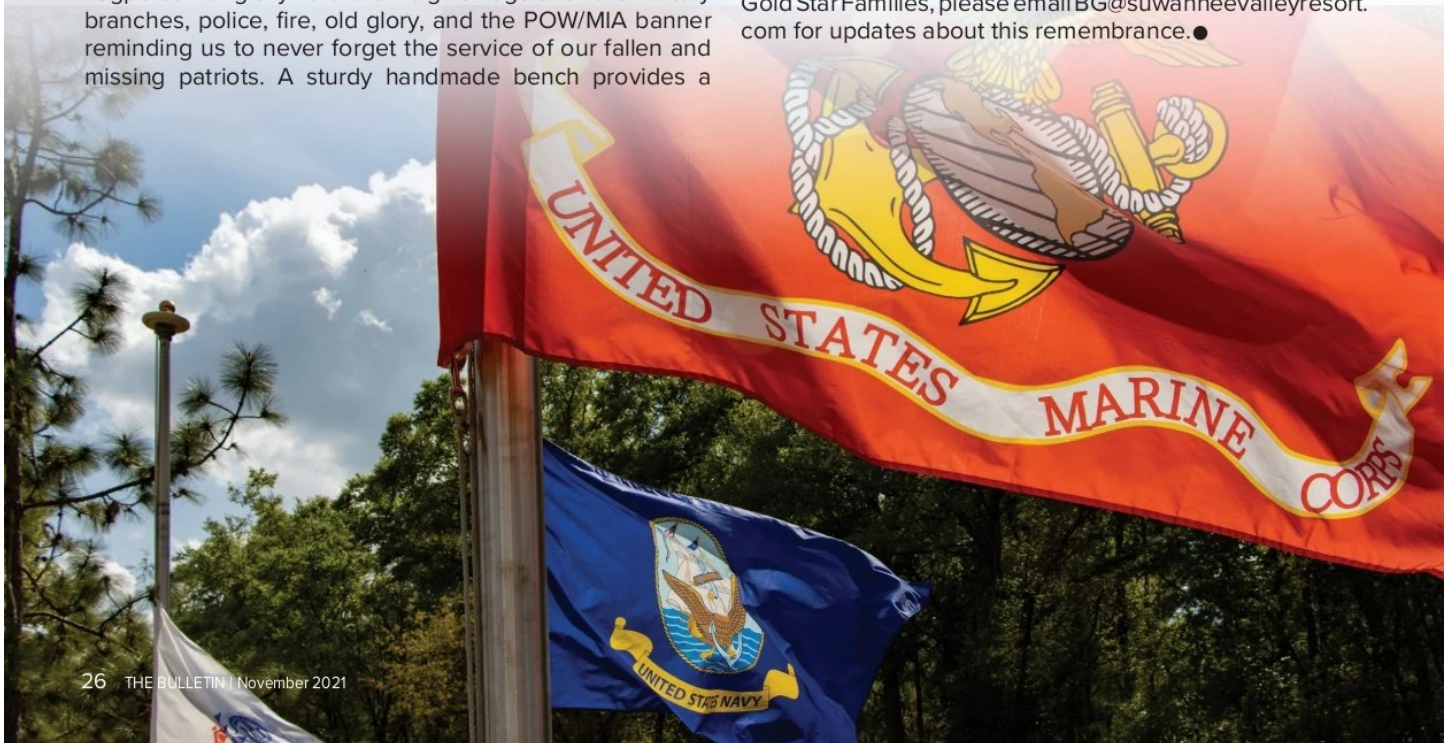
place to rest and reflect on the sacrifices of these heroes. This is the land of the free because of the brave.

More than three dozen nudist patriots visited the Honor Wall during the March Vietnam Veterans Weekend. In the silence, one vet symbolically shared a beer with his fallen brothers-in-arms pouring the drink onto the soil in front of the commemorative gravestone, thus consecrating this sacred ground.

BG asked a visiting retired Army Colonel to carry a flag at last year's Memorial Day Ceremony. The short readings, the ceremony, and the playing of Taps brought tears of respect to everyone's eyes. When the colors were retired, the Colonel and his wife went straight to the office to become full members of the resort!

Suwannee Valley Resort is famous for fundraisers to benefit the local veterans' domicile where they deliver meals, gift cards, and companionship for residents. They helped create and support the Sunshine State Veterans Fund (www.sunshinestateveteransfund.org/). SVR always offers discounted admission for AANR and TNS members, military and first responders, active or retired. Stand and face the flag at noon when they play the National Anthem and enjoy the comradery of a fantastic group of men and women who have earned the gratitude of our nation.

An event honoring Gold Star Families is being planned at the Florida National Cemetery in Bushnell on April 5, 2022. Gold Star Families, please email BG@suwanneevalleyresort.com for updates about this remembrance. ●





AVIATION ARROWS OF THE 1920s



About the author
Andy Walden

Andy Walden is the Secretary for the AANR Western Region as well as its Social Media Chairman. A life-long nudist, he splits his time between his home in Hawai'i and the deserts of Arizona and Utah.

This year, the American Association for Nude Recreation celebrates its 90th AANRversary. Now, nine decades is an impressive amount of time for any organization, but how about encountering something even older? In an era of e-mail, text messaging, and instant communication, it is hard to believe there was a time when sending a message to Auntie Lindy on the opposite coast meant writing on a piece of paper – in longhand with good penmanship, no less – placing it in an envelope with a stamp and entrusting it to the Post Office, who would physically deliver it to her house in a matter of a few days. That was a hundred years ago but let's go back even further.

When gold was discovered in California in 1849, the West Coast population boomed as fortune hunters left friends and family to head West. The “in-between” territory was sparsely developed, and transcontinental communication was nearly nonexistent. The Pony Express came in 1860, which brought mail across the country in a record ten days. The first telegraph lines were strung a year later, rendering the ponies obsolete. The next big leap in technology came in 1918 when the U.S. Post Office introduced airmail service along the East Coast, and – on August 20, 1920 – the first trans-America mail service was initiated.

Yet there were some major disadvantages: no radios or instrument guidance systems, inadequate landmarks, and only rudimentary aviation charts to help navigate across the vast plains and treacherous mountain ranges. Flying in bad weather was dangerous and night flights were nearly impossible.

The Answer: another bold leap in early 20th Century technology – concrete arrows! Congress appropriated the necessary funds in 1923 to develop and construct the Transcontinental Airway System of beacons with arrow-shaped foundations as terrestrial markers guiding pilots across the nation. The original route traced across twelve states from New York City to San Francisco and, with additional spur routes, arrows and beacons eventually stretched across all 48 states.

Building these markers was no small task, especially when they reached the Rockies. Each station consisted of a 70-foot-long concrete arrow, a square foundation in the middle for the 50-foot-tall steel beacon tower with an acetylene-gas or electric-powered lantern, and a generator shed at the tail of the arrow. Large, easily read numbers, and coded abbreviations for the next big city were painted on the roofs of the sheds to help pilots stay on course.

Spaced approximately ten miles apart, the arrows were painted bright yellow for long-distance visibility in daylight, and the beacons were bright enough to create a lighted trail across the darkened landscape of night. One arrow then pointed to the next across the country with a landing field every 25 or so miles for refueling and rest stops or in cases of emergency.

It took nearly ten years to build the hundreds of navigational arrows and towers – a sort of “yellow brick road” across the continent. The system was an immediate success: mail delivery times were cut in half, 18 embarkment and terminal airfields in operation were established around the country with new routes being continuously added, and dozens of pilots were able to fly days, nights, and even in less-than-perfect weather.

Management of the system was turned over to the Commerce Department in 1926, just in time for newer innovations. The 1930s brought improved navigation and radio transmitters, making visual, land-based guidance unnecessary. Enter the Great Depression with increasing operational costs, the introduction of Low-Frequency Radio Range systems, and congressional defunding of the program, all of which sounded the death knell for the arrows and beacons. One by one, the lights were shut off and the arrows fell into disrepair. As World War II loomed on the horizon, the towers were scrapped for their metal while their foundations were left to the elements.

Fast forward to the 21st Century and only a handful of beacon towers remain, with some being restored or rebuilt by local enthusiasts. However, dozens of the arrows can still be discovered, mostly in remote or undeveloped areas of the AANR Western Region. I have personally visited two arrows in Nevada and four in Utah.

With photographic and navigational help from “Nudes in the News,” Kevin Manning, and the wonderful Webers – Stan and Linda – I have ventured into the desert west of Salt Lake City and eastern Nevada, climbed steep hills, and tussled through the forests of southern Utah to find these century-old landmarks. The ones I visited are on public lands and we were respectful of our surroundings before going *au naturel*. One just outside the St. George area had been damaged, so Stan, Linda, and I took a second trip to repair the arrow tip and seal some of the cracks.

A number of websites are dedicated to these relics of a bygone era in aviation. Many more aviation arrows await, especially along the I-80 corridor from California to Wyoming, as well as in Arizona, New Mexico, and

throughout most of the other AANR regions. Searching for the arrows is popular with geocaching teams and history buffs, and many people have documented their hikes, including some clothes-free ventures, with online videos.

Clubs such as McConville in California, Pennsylvania's Sunny Rest Lodge, and Zoro Nature Park in Indiana once featured landing strips on their properties for the convenience of their flying members.

In an open paddock east of Strawberry, Arizona, is a different aviation arrow. Though not a part of the Transcontinental Airway System, white-painted rocks read "PHX → 75" in big block letters pointing the way to Phoenix and are maintained by a local scouting troop. As it turns out, this arrow is about one degree off from pointing to the flag poles at Shangri La Ranch, just 53 miles away.

That got me thinking: "Wonder if any arrows point pilots toward an AANR resort?" Since several landed clubs are on flight paths to and from airports, maybe we can organize a project to create ground symbols to announce we are down here to the passengers and that nudity is normal and natural! ●




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About the author
Erich Schuttauf

Erich Schuttauf is a licensed, Florida attorney with 25 years of experience in state and federal courts. He received his BA from Purdue University and his Juris Doctor from Duke University School of Law. Erich is the author of two employment law guides, published by Commerce Clearing House (CCH). He has served as a Guardian Ad Litem and as an expert witness in cases involving nudist issues.

"Don't Throw the Baby Out With the Pool Water"

By now, many of AANR's clubs, members, and leadership have seen news of a lawsuit filed by the baby whose image appears on the cover of the rock band Nirvana's famous album *Nevermind*. The suit, filed in late August 2021 in the U.S. Federal District Court for the Central District of California, alleges that the album cover constitutes "child pornography." Plaintiff Spencer Elden, now in his 30s, seeks damages from a variety of defendants, ranging from photographers to record labels and music producers. AANR is not named in any way, but has a strong position on this issue.

Without speaking to many of the aspects and allegations of the legal complaint, which the AANR office had an opportunity to review and discuss briefly with AANR President Kathy Watzel and AANR Vice President Margie Cantlon, it is vital to address one very important point: AANR is committed to the respect and protection of all persons. However, AANR soundly rejects any implication that the mere depiction of a skinny-dipping baby is "child pornography."

The American Sunbathing Association (predecessor to AANR), under the capable representation of then-legal counsel Bob Page, went all the way to the United States Supreme Court during the 1988-89 term with a friend of the court (amicus) brief and was interviewed by multiple media outlets on the steps of the high court to reiterate nudist rights. And to drive home the point that not all nudity (including that of minors) is unlawful or may be banned, per the U.S. Constitution. Bob's brief was cited in an opinion offered by Justice William Brennan in the case of *Massachusetts v. Oakes*. (The outcome was to send the case back to the state courts to remedy problems with applying its statute too broadly.)

AANR/ASA have, in fact, participated in several cases before the high court to defend nudity in practice and in pictures. In the late 1950s, the association defended the right to print and send nudist magazines through the U.S. Mail (*Sunshine Press v. Summerfield*). It did so again in the *Oakes* case. And in the case of *City of Erie v. Pap's A.M.*, which set forth constitutional parameters on bans against nude dancing. I was privileged to work with Bob in co-authoring the brief in that case at the turn of the millennium.

AANR's Executive Director has reached out to the legal representatives of several of the Elden defendants to briefly explain various precedents and resources that may be useful in preparing a defense against the claim that a skinny-dipping baby is "pornographic." With the assistance of AANR Public Relations professionals, AANR has also communicated with select media outlets to carefully express our position that skinny-dipping is a wholesome recreational activity.

AANR takes protection and respect for all persons very seriously. But let's also not throw the baby out with the pool water.

Florida

In September, AANR Executive Director Erich Schuttauf joined Shirley Mason and Martin Desnudo of Beaches Foundation, AANR-Florida government affairs professional Ramon Maury, and John Waldron in presenting a seminar to the Florida Recreation and Park Association (FRPA).

These professionals, drawn from throughout the state, attended this annual conference of the FRPA at the Caribe Royale in Orlando. Topics presented included an overview of nude recreation, including a brief history of AANR; the popularity and demand for nude parks, beaches, and lands; and demographic studies; as well as best practices for establishing new areas.

A brief, fact-filled video produced courtesy of Tampa Bay Free Beaches was also featured in the two-and-a-half-hour session, which also qualified attendees to receive Continuing Education (CE) credits.

An image of the team appears below. Thank you to all for the time and support that makes this outreach and education possible. (And thanks to my son Max for technical assistance).

Just a few years ago, an official from FRPA eventually became the director of the National Park Service. You are helping to introduce the advantages of nude travel and recreation in important ways. ●



Pictured left to right: Ramon Maury, Shirley Mason, John Waldron, and Erich Schuttauf.



Mindful Thinking About Eating



About the author
Rylla Riverman

Rylla Riverman is a longtime member of Mountindale Sun Resort. In addition, she is a retired registered nurse and carries multiple board certifications in health care. This column is not designed to and does not provide medical advice, professional diagnosis, opinion, or treatment. It provides general information for educational purposes only. The information provided in this column, or through citations of websites, is not a substitute for medical or professional care, and you should not use the information in place of the advice of your physician or other health care provider.

Emotional eating is an easy way to quickly gain weight. Most do not want to gain weight because of emotional impulse eating. In looking at mindful eating, think of emotions. Sometimes eating occurs because of happiness, sadness, anxiousness, or other emotions. Once that is noticed, there is a mental tool called the five minutes of mindfulness before eating. This means take five minutes before 1) running to the refrigerator; 2) grabbing what is available; 3) eating that; and 4) regretting the food choice. The health and nutrition company, WW (formerly known as Weight Watchers) has done many studies on mindful thinking. One good reading by WW is the article "Why Taking Time to be Mindful is Worth It."

Other articles and authors address what is behind the emotions and beginning mindful thinking. This column is about planning for mindful eating. As everyone knows their own emotions and impulses, think about food choices that would be healthy choices after the five-minute pause. If you are still craving the food desired, get it. Maybe have a bite and not a full portion. Another thought is having foods available that are healthy for those emotional eating craving times. A protein drink may be a good choice as it is filling and contains as many as thirty grams of protein that can satisfy the craving.

Another thought is making recipes ahead of time that are healthy choices for those moments. Below are two easy recipes to have on hand to be prepared for mindful eating moments.

Easy Fruit/Vegetable Salad – This salad stores well and can be on hand for that "eat something" moment.

- Peel a cucumber. Slice and cube the cucumber into small pieces.
- Peel and cut into bite-sized cubes, one-half of jicama. One finds these "rooty" vegetables near the potatoes and exotic vegetables in the grocery produce section.
- Choose a favorite melon. This salad is good with watermelon, cantaloupe, honeydew, or any melon chosen. Cut an amount that would fill half a salad bowl into small pieces. If another fruit sounds good with the mixture, add it!
- Mix the ingredients and sprinkle with seasoned rice vinegar. Toss thoroughly to spread the seasoned rice vinegar.

- Mint leaves, cilantro, or other garnishes are a nice touch, and then sprinkle coconut on top to make it pretty.

Cake In a Hurry - If dessert is an emotional food craving, this is a healthier choice as it does not have eggs or oil. This is easy and a good choice for the 5-Minute Mindful Eating plan. An important note is to cut the cake into at least twelve servings, so an average size portion is chosen.

- Buy any cake mix that is a favorite.
- Get a 12 ounce can of diet soda that complements the cake mix flavor. Chocolate cake and diet cola are a good combo. The flavor choices are limitless!
- Mix the two ingredients until smooth and pour into an oil-sprayed 9x13 inch pan.
- Bake at 350 degrees for 33-35 minutes (Follow baking instructions on the cake mix).
- That's it! It comes out perfect every time.

Keep in mind that once emotions are identified, along with what triggers the emotion, it becomes easier to create a plan for addressing the emotion in a healthy manner. Healthy foods are one tool for creating such a plan.●





Positive Actions Make a Difference



About the author
Connie Taylor

Connie Taylor is a longtime nudist and the manager of Wildwood Naturist's Resort.

This is the time of year for reflection on the events of the past year. Many people have had difficult times and suffered the great loss of dear family members and friends. For those who have experienced a trying year, been ill, and are still recovering, be happy to have made it to this point. This year, a friend had a double lung transplant and is doing great. Others have had COVID-19 and have thankfully recovered. Sadly, a friend passed away from various medical conditions, and another passed away from the virus. Many clubs have had members perish due to various reasons. Thinking of you and your losses.

It's important to be thankful for the people in our lives as they make life interesting. Try to be kind, as many people are smiling as they struggle to get through the day. Be supportive of your friends, because they may need a positive word today. Small positive actions can make all the difference in someone's day.

All of these things are common in the nudist community. Nudist clubs are like small towns from the 1950s. Everyone knows everyone's business. They know everyone's children. Keys are left in cars, and doors are unlocked. The nudist community is like extended family. Whenever someone is in need, the community comes together to support them in multiple ways. They provide emotional support, companionship, financial donations, food, transportation, and help in various other ways. It is always heartwarming to see how the community responds.

Be thankful for the opportunity to be part of a nudist community. Nudists are fantastic, generous, and caring people. They make everyone feel welcome, like an old friend. Make every day count. Hug those you can. Have a warm Thanksgiving and holiday season. Be thankful for everyone and everything in your life.●

Avalon Calendar 2022



About the author

Chris Morales

Chris Morales is a longtime nudist and member of Avalon Resort. He is a forensic scientist and an avid photographer.

Avalon's 2020 calendar celebrates the rebirth of the resort: Out of the Ashes...a New Day Dawns at Avalon.

2020 was a pretty bad year for all of us. Closures for COVID-19. Restrictions for COVID-19. Can we open? If we do re-open, is it safe to re-open? Some AANR clubs opened. Some did not.

Unfortunately, for Avalon, this was not the only quandary caused by the year. Approximately eight hours before the year even started, things went up in smoke. Literally. An electrical fire in the lodge's roof area ignited. It took twelve minutes for the entire roof over the kitchen, dining room, and guest rooms to become completely engulfed in flames. Instead of getting ready for the annual New Year's gala, those present clustered up by the office and watched in shock as the central portion of the resort burned and collapsed.

By the end, Avalon's central area was reduced to the Bare Barn and the indoor aquatic center.

Walking through the rubble a few days later, the main lodge area resembled photos of cities reduced to rubble during World War II.

Avalon closed down. We tried to take a deep breath and regroup. Would we be able to re-open, and if so, when? Would we be able to survive this gut-punch?

Dedicated Avalon members banded together and successfully opened the gates again, offering what could best be described as seriously limited amenities. At least people could use the indoor pool and see each other again. We were back!

Then came round two. COVID-19 seemed to be taking over our daily lives. Things started to shut down. As infections rose, West Virginia Governor Jim Justice decreed that only "essential" businesses could stay open. Everyone else was supposed to go home and stay home. Avalon was not considered an essential business.

What? Avalon is not essential? Personally, I could not disagree more. Unfortunately, I have never had quite the same clout as the Governor. We closed down, yet again.

Closed down, but not dead. Rebuilding plans were made and changed. Once we got the insurance payment, we were going to rebuild the lodge. Then we assessed how much of an overhaul the Bare Barn needed. Did it really make sense to rebuild a new lodge building and do a major overhaul of the Bare Barn? Tear up the plans and start again. The new plan would be to completely renovate the Bare Barn, adding a kitchen, restrooms, and an upper level above the perimeter of the dance floor. The gambling

machines we had in the Nudsino would return and occupy a part of the barn's interior. A bar would be built inside, as well. Individual cabins would be brought in to serve as lodging for visitors.

So here we are today. We're back. Avalon has re-opened. The last of the cabins passed inspection and were available for rental the day before the start of our big annual event, AvalonFest. It was very close, but we made it.

I had just started a calendar before the fire. I had hoped to complete it for 2021, but nothing about 2020 seemed to make that possible. Fortunately, 2021 has worked out a whole lot better. We had indoor and outdoor events and gatherings. We were back together and happy and thankfully doing all of these things naked. Avalon had survived nasty blows, but was back, better than ever. To me, the survival and resurgence were the perfect inspiration for the return of our calendar series. Give Avalon a look. We know you'll like it here.

For more information about Avalon, call (304) 947-5600 or send a message to information@avalon-resort.com.●



FAMILY ENTERTAINMENT

TWO NEW BOOKS FOR YOUNG NUDISTS



About the author
Paul LeValley

Earlier columns in this series can be read at www.tnsprofessorsig.org. Dr. LeValley's big books on nude art and the Gymnosophists can be ordered through www.paullevalley.com.

There are not many books for nudist children, and those few tend to be for the very young. I have written two short books for older children:

A Visit to Athens, Sparta, and Olympia is for ages 10 through adult. The year is 448 BCE. A Spartan family visits Athens while the fathers negotiate a peace agreement between the two cities. The 14-year-old boy keeps up his Spartan training by sleeping on the floor and going nude in the cool spring weather. The 13-year-old son of the host family volunteers to do likewise. Later, the servants' 10-year-old grandson joins them. For the first time, the Spartan boy attends school, where he excels at throwing the javelin (though he rebels against Spartan conformity by doing it left-handed). He learns to respect a burly sculptor, and even models for a statue.

His 12-year-old sister has a totally different experience in Athens. She is expected to keep her gown pinned shut, cannot play any sports, and is kept at home all the time. She calls Athens a women's prison. The host mother is an interesting person – strong in her opinions, yet willing to change her mind quickly if someone presents a good enough reason. A charming hostess, she is quick to change the subject if the conversation seems headed toward anything controversial.

At the conclusion of the negotiations, the Spartan father invites the Athenian boy to accompany them back to Sparta until everyone meets for the final treaty ratification at the Olympics in six weeks. When the 15-year-old Athenian daughter expresses a wish to see Sparta too, she is reminded that Spartan girls were expected to serve as nude waitresses. So when everyone is ready for dinner, they are stunned to see both girls bring the food in - nude. That determination gets her an invitation to Sparta.

At the Olympics, we learn more about Greek athletics and their way of thinking. The Athenian boy reached an important milestone for all to see, for he is no longer called a boy. A little romance develops between the two older teens.

But this cannot be a happily-ever-after story, because we know the history. The peace held for 30 years, then a second war broke out that destroyed both cities - never to rise again.

The 30-page paperback book is full of accurate information, and comes with 17 sophisticated minimalist drawings by Aurora Sidney-Ando.

This next book contains an older theme for teenage boys. It is definitely not for younger readers.

One Boy's Adventure in the South Seas takes place on a cannibal island in the south Pacific during the age of exploration (1796-97). Centuries earlier, the men had pretty much killed each other off, so the women took over - creating

a more peaceful society where they kept boys around only as long as necessary.

A 12-year-old boy from Massachusetts and his 9-year-old sister land in these islands, and learn to understand the island ways. Everyone is nude. The boy has been watching in vain for a passing ship. After he has fulfilled his purpose on the islands, he writes with delightful low-key humor, "I wouldn't mind being rescued about now - even if they did make me wear clothes."

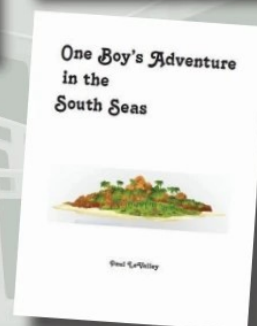
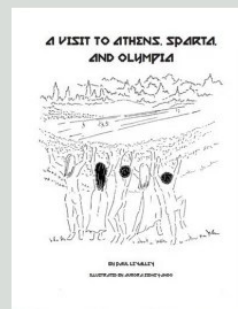
We hear four voices that round out the tale:

1. A modern government official.
2. The ship's doctor, who first read and published Sam's journal.
3. Especially the voice of teenage Sam, himself, in his journal.
4. The missionary who eventually married Sam's daughter.

I find the missionary an interesting character at the beginning of his transition from hard-nosed fundamentalist to a champion of the natives and eventually a conservation leader. At this point, he is sending mixed messages.

This 40-page paperback book comes with one frontispiece illustration.

Because some people go crazy at the mention of children and nudity, I am advertising these books only to nudist families. Both books can be ordered in time for Christmas at www.paullevalley.com. ●



Library Materials Now Available for Researchers



About the author
Paul LeValley

Earlier columns in this series can be read at www.tnsprofessorsig.org. Dr. LeValley's big books on nude art and the Gymnosophists can be ordered through www.paullevalley.com.

In 2019, the four nudist libraries formed the Nudist Research Library Consortium. The purpose is to pool their resources and make images of them available at all four locations: the American Nudist Research Library in Florida, the Western Nudist Research Library in California, AANR-Northwest Library, and Archive in Oregon, and the Naturist Education Foundation Research Library in Wisconsin.

Phase 1 involved that sharing of electronic files (beginning with magazines) among the four libraries and accessible to researchers who made the journey to view those files on the premises of one of the libraries. Phase 2 (which kicks in now) was planned from the beginning to make those same files available directly over the Internet to a very few trusted researchers—under controlled conditions, for a limited time, and for a fee. Here are the rules:

1. Electronic files provided to researchers under Phase 2 are not made available for casual reading. Serious research is expected.
2. "Trusted researchers" shall be limited to approximately ten people at any one time. This program is for individuals—not groups of people or institutions.
3. A researcher must be sponsored by one of the libraries in this consortium, and annual participation approved by three of the four libraries. Each library will resolve any internal disputes before voting. Approval would normally happen at a scheduled conference of the four libraries but could be expedited by written consent (in any format) from them.
4. The researcher must give full name (including pen names) and full contact information. Researchers should be members of good standing in some genuine nudist organization of national scope but may live anywhere on the globe. Exception for a non-nudist researcher would require consent from all four libraries.

5. The researcher must indicate the topic of current research and publication plans. Furthermore, the researcher must promise to donate a physical copy (unless prohibitively expensive) of the final publication for deposit in one of the consortium libraries. No donation is necessary for articles published in nudist magazines that the library currently receives.

6. The approved researcher shall receive access to the same files shared among the participating libraries—in read-only format. The researcher must agree to abide by all copyright laws, and except for the occasional photograph for use in a new article, the researcher must promise to not download files or share access with anyone. Access to the files can be cut off at any moment if abuse is suspected. Researchers may appeal such administrative action to the entire consortium.

7. Membership in this program shall be for one year from the date of acceptance and can be renewed with payment of the annual fee. The consortium reserves the right to deny renewal for any reason, including lack of progress on the research project.

8. The annual fee is \$100, payable on acceptance. This amount is subject to change over the years. There are no refunds.

9. The consortium may appoint a treasurer to handle such fees and use them to pay for consortium expenses such as Internet access or cloud storage.

10. Acting together, the libraries in the consortium may change the provisions of this program at any time.

To apply, contact your favorite nudist library. ●



NOTEWORTHY EVENTS 2021

November 13, 2021
AANR-West Fall Board Meeting

Laguna del Sol
Wilton, California

**If you would like to see your events listed
email: msigman@aanr.com!**




2012 Montana fifth wheel with lot for sale in Lake Como, Lutz, Florida. 20530 South Grove Loop. Brand new in box king size memory mattress. Fireplace, two flat screen TVs, Samsung surround sound. Convection microwave, double fridge, stove, oak cabinets, shower. Two drawer oak file cabinet, safe, flag pole, mature palm trees. Double paved driveway, gazebo, and shed with contents. Backs up to woods, peaceful setting!

Call or Text 859-380-1701 Asking \$110,000.00

FULL-FRONTAL ABSURDITY

Turkey Without the Dressing



About the author
Bob Chenoweth

Long-time AANR volunteer and contributor to *The Bulletin*, Bob Chenoweth is a nudist, naturist, novelist, columnist, artist, and full-frontal absurdist. In other words, he works hard to be on the “good list” list. He’s also the author of the highly rated satirical novel, *Naked as a Jaybird at the Moon-Your-Mama Bar & Grill*. The book is available at NakedNovel.com or Amazon.com.

Yes, ‘tis that time of year, when thoughts turn to spending time with family, gorging on home-cooked comfort food, and enjoying parades and football and mayhem at the mall. Ah, at least those were the good ol’ days. But in these times of remote work, remote learning, and remote tracking of that missing TV remote, many of us will once again forego the formal in-person family get-together. Instead, in the interest of safety and convenience and avoiding sloppy kisses from half-deaf and full-smelly Uncle Fred, we’ll get together via Zoom or Skype or Facetime. Sound sad? Well, this is a glass-half-full column, so let’s consider the numerous advantages of a remote Thanksgiving:

First, consider the issue of travel. Family gatherings often take place just far enough away from your home to make you actually plan your trip. Got enough gas in the tank (even before the meal)? Just how early must you start that special side dish – pumpkin-spiced mac ‘n cheese, right?

– and then how in the world do you keep it warm and fresh throughout the journey? Next, think about your arrival. It takes strategic planning to arrive a little early, but not too early – you know, early enough to stake out that comfy recliner, but not so much so that you get cornered by Uncle Fred and his malodorous ailments-of-the-month soliloquy. (Breath mint, Uncle Fred? It’s pumpkin-spice-flavored, just like the mac ‘n cheese!)

What’s more, if you are on deck for hosting the full family gathering this year, think of the house cleaning time you’ll save by calling for a remote holiday instead. Now, you can merely tidy

up a small space in your home for videoconferencing and leave your remaining clutter undisturbed. And don’t forget the time you’ll reclaim by not attending to tiresome micro-grooming chores like nose-hair trimming, or braiding! Just sit a little farther away from the screen and no one will be the wiser. In fact, with strategically placed poor lighting, you won’t have to iron your shirt or blouse either. Suddenly, you’ve freed up time to watch a Hallmark movie of other families actually getting together.

And don’t forget the remote holiday benefit of multitasking. Think what you can accomplish when you don’t have to pretend your loved ones have your undivided attention. It’s easier to sneak a glance at your phone, computer, or TV if they are just out of sight while your relatives are blissfully in their own homes doing the same. Heck, you can even get a jump start on that online Black Friday shopping while in the middle of an earnest “We miss you all SO much!” lamentation. Go ahead and wipe an invisible tear – who’s to say it wasn’t really there, what with the bad lighting and all? Just be careful not to do a fist pump when you score that lightning sale-of-the-century deal in the middle of Uncle Fred’s recitation of Grace. (Rule number one of participating in a remote Thanksgiving: Use the mute button when appropriate and necessary – such as when belching, yelling at the cat, or shrieking an expletive upon learning Cousin Homer’s sentence was reduced to “time served.”)

Yes, it’s difficult not being together with family. But of course, for the bright-side nudist, the best part of a remote Thanksgiving is enjoying turkey without the “dressing.” By going pantless like Winnie-the-Pooh below camera level, you won’t have to worry about your belt exploding if you overeat. That calamity could take generations to live down at an in-person event.

Okay, time to unmute: “What’s that Uncle Fred, you want a mint? Pumpkin spice flavor? I’ll ship you some. Something tells me I can get them on sale starting tomorrow.” ●



Thankful



About the author
Mark Petnuch

Mark is a retired coach, educator, freelance writer, and photographer. He is still an active ice and rock climber in his free time.

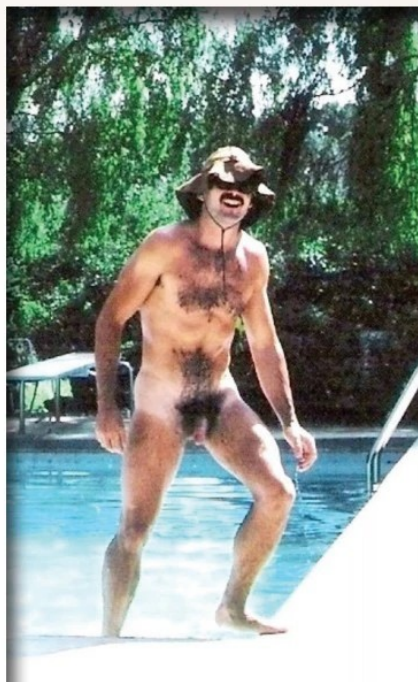
It's been another tough year for most, with COVID still not under full control or our lives back to the norm we expected by now. But still, 2021 should have enough things to be thankful for. Personally, I feel very lucky to have avoided COVID-19 by staying home, wearing my mask at the store, and being glad to get both my vaccine shots by early February.

Even with all the surgery and recovery time lost this year, I'm grateful for my family's support from my siblings. Even if not always spoken, you know they are behind you. I'm glad that I've been able to spend good visits with my many grandnieces and nephews for the first time. It's been nice to enjoy a couple of days away from home events over the last 18 months to break up the daily monotony of eating, sleeping, and recuperating alone. I'm thankful for my hot tub staying in top working condition, 24 hours a day, especially throughout the coldest days of winter.

I'm also very glad that the few nudist resorts nearby still allow single males to attend summer events and that they managed to re-open for the summer of 2021. I'm still missing out on sharing any real social life with either clothed or an active nudist in my daily life on a personal level. None have ever seemed to share my need for an active adventure-filled outdoor life once they get past 40, and I'm not ready to "retire" yet to a life of just drinking in front of TV sports, playing cards, video games, or golf.

If not for the beauty of the outdoors, life would be very difficult for me over my lengthy health recovery. Outdoor wilderness, the National forests, and clear mountain lakes have been lifesavers forever. My past visits alone for over 50 years to these wonderful places have always helped keep me alive and raise my spirits. The beauty of nature still gives me hope year after year, that better days are ahead for me someday.

We all should be very thankful for our AANR legal team that keeps fighting for our access rights across the country. I hope one day that we will gain access to more public lakes, river beaches, and forested areas for all, but especially here in the Midwest, for nudist access and activity. I'm fortunate to have avoided the terrible floods, fires, and hurricanes that some have suffered through this year. Let's all hope for good health across our entire world, and an end to the viral pandemic. ●



AANR-EAST**SERENDIPITY PARK, INC.**

November 2
Kids' Sundae Bar

November 13
National No Bra Day

November 29
Kids' Campfire and Ghost Stories

November 30
Halloween Costume Party and Music by 3rd Gear Band

MARYLAND AREA NATURIST ASSOCIATION
Please visit www.marna.club for more information about events.

TRAVELITES, INC.

January 8
Welcome to 2022 Hot Tub Gathering

January 22
Snowman Alert, Potluck Supper, and Planning for the Carolina Chili Cookoff on February 19

AANR-FLORIDA

SUNSPORT GARDENS
November 5
Community Drum Circle

LAKE COMO
November 13-14
Freedom Festival
Veterans Tribute

AANR-MIDWEST**FORTY ACRE CLUB**

Please refer to www.fortyacreclub.org/home/events for current events.

AANR-NORTHWEST**BARE MOUNTAIN RETREAT**

Please visit www.bareidaho.com for more information about events.

AANR-WEST**THE SEQUOIANS, A CLOTHES FREE CLUB**

Bocce Ball some weekends
Please visit www.sequoians.com for more information about events.

GLEN EDEN SUN CLUB

November 27
"Turkey Trot" Poker Run and Music by Chris Daniels

AANR-SOUTHWEST**WILDWOOD NATURIST'S RESORT**

November 6
Pool Tournament

November 13
Thankful Potluck Supper and Dance

November 20
Pool Tournament

EMERALD LAKE RESORT

November 6
BB & B Campout Party

November 13
Pirates of The Lake – Best Pirate Costume



OUR MISSION:

AANR exists to protect, promote, provide and preserve nude recreation by:

Protecting nudists and naturists from policies at the local, state and federal levels that interfere with the right to enjoy clothing-free recreation in appropriate settings;

Promoting nude recreation by educating government leaders, employers and the public;

Providing support services and community to our members;

Preserving the financial viability, integrity and strength of the AANR organization.

www.aanr.com/about-aanr

YOUR NEXT VACATION

AANR is proud to be affiliated with more than 200 nudist resorts and clubs across North America and beyond. Visitors will find everything from upscale amenities to back-to-nature campgrounds in AANR clubs plus everything in between.

www.aanr.com/places-to-go

BE SOCIAL WITH US

Like our Facebook page, and follow us on Twitter!

(1) American Association for Nude Recreation | Facebook AANR (@aanr_nudism)/Twitter

CLUB HAPPENINGS

Find out what events are upcoming at your favorite club. Search by club name, state or province location, or see all events.

www.aanr.com/club-happenings

THE ALLTOGETHER

Read AANR's official blog and post replies.

www.aanr.com/blog/

BUSINESS SERVICES

Video Tape Conversion to DVD. VHS VHS-C BETA VIDEO 8 MINI-DV. \$10 per tape. Duplicate DVD \$5. Shipping additional. All work done personally. Nudist since 1980. TAANA ENTERPRISES 1000 E. Oakton #2745 Des Plaines IL 60017-2745 taanaenterprises@aol.com 312-758-6244. U.S. MAIL ONLY.

PROFESSIONAL SERVICE or business to promote? Tell your fellow AANR members with an ad in *The Bulletin*. Email editor@aanr.com; 800-879-6833.

Hand Drawn Pencil Sketch from Photos. Enjoy your nude experience with a "portrait collage" by Julius Carallo. Call or text for details. 908-337-4127.

EMPLOYMENT

REACH YOUR target audience—AANR members and 220+ clubs and resorts. Advertise in *The Bulletin*. Contact 800-879-6833; email editor@aanr.com.

WANTED - WORKKAMPERS Willamettans Family Nudist Resort in Springfield, OR is looking for workkampers for janitorial work starting in May thru September. Email resume to office@willamettans.com

REAL ESTATE

HOUSE, CONDO, or PROPERTY you want to sell? Try a *Bulletin* classified—they work. Call 800-879-6833, Ext. 228; email bulletinads@aanr.com.

RV Lot for Rent or SALE - Pasco County, FL, 80X50 lot, paved, coach house, outdoor kitchen, 614-271-2632 for details.

For Sale Whispering Pines Nudist Resort, in down east North Carolina, 8 miles from the Atlantic, 25 minutes from North Myrtle Beach & 40 minutes from Wilmington NC. Situated on 33 acres & adjoining a 75 acre clothing optional community. Well established 45 year old club, with room for expansion. Recently remodeled bath house, retiled and replastered pool and hot tubs. Spacious almost 3,000 sq ft club house with heat and air, 2 pool tables & tons of seating & dance floor with DJ equipment. Laundry facilities, Library & wifi throughout the park. Four park model rentals. With 30 sites currently rented and 12 open for transients. Owners looking to retire in the community. For a look at the current happenings go to. www.whisperingpinesnudistresort.com, \$1,200,000. Call 910-664-0154.

2010 Carriage Cameo RESLS 5th wheel with upgrades, located in RV park adjacent to Cypress Cove on large lot and landscaped for nudist privacy, 10x12 gazebo, new 8x6 shed and enclosed washer/dryer. Call or text 303-457-1457.

CLASSIFIEDS

For Sale in Bare Acres, Chessnee, South Carolina, 2020 sq. Ft. 3 bedroom 2 full bath home on 1.5 acres of land you own. No HOA. This is in a clothing optional community. Adjacent to Carolina Foothills Resort, For details and pics Text 803-230-2009. \$293,000.00.

For Sale: Serendipity Park, an Award Winning AANR Family Nudist Resort, in beautiful NE Georgia. Located 80 miles from Atlanta, 90 miles from Greenville SC, 55 miles from Franklin NC and 130 miles from Chattanooga TN. Well established 25 year old club on 42 acres with room for expansion. Pool replaced last year and new gunite hot tub is under construction. Spacious 5000 sq ft clubhouse with heat and air, 2 pool tables and dance floor with DJ equipment. Laundry facilities & free wifi available in common area. Seven rental units. 35 RV sites with 23 currently rented along with 24 fulltime residential lots. Owners looking to retire. Check out our website for upcoming events @ serendipity-park.com, \$1,500,000. Email opportunity@serendipity-park.com. No calls please.

RENTALS

RV sites start at \$350 a month. Park models and mobile homes furnished or not for sale or rent. Call 623-465-5959 or joinus@shangrilaranch.com.

PROPERTY TO RENT? Advertise in *The Bulletin*. Contact 800-879-6833 for details; editor@aanr.com.

PERSONALS

If not you, then maybe you know some other senior lady that might join me on the Feb. 13 cruise. My treat. David 530-809-6516.

5'11, green eyes, brown hair male who is 64 years old looking for a single female companion for nudist activities. Call/ text Charles 337-288-0211.

TRAVEL

TROPICAL PARADISE or ROMANTIC HIDEAWAY available for rent? Advertise in *The Bulletin*. Contact 800-879-6833; editor@aanr.com.

MISCELLANEOUS

Cabin (Inside) Big Nude Boat 2/13-27, 2022 for sale, Cat. 4K, #4155. \$4,200 (doesn't incl. Port Tax & Gratuities \$830 due 12/1, 2021 to Bare Necessities). Interested e-mail us at: ironpantsfdny@gmail.com

Ad content in *The Bulletin* is the sole responsibility of the advertiser and does not represent an endorsement from AANR. Venues advertised may or may not be AANR affiliated.

MARKETPLACE



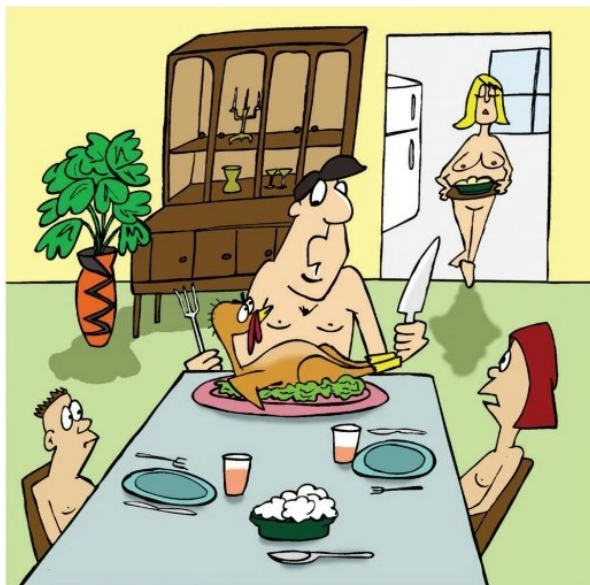
NEW Bulletin Photo Guidelines

The *Bulletin* would love to have your photos so that we can have more diverse pictures for our members. All photos for *The Bulletin* must be 300 dpi and larger than 4 inches. We must have higher-quality photos to publish in *The Bulletin* for print. Please keep in mind that we must have a signature for every person in the photo. The photo release form can be found on the AANR website or by emailing msigman@aanr.com. Please email all articles and photos to msigman@aanr.com.

The January deadline is November 18.

We will no longer accept photos that do not meet the new criteria.

Cartoon by Ron Warne



"Um Honey! ,I'm thinking the bird needs to go back in the oven a little longer."



HOW TO ADVERTISE

To advertise in *The Bulletin*, call (407) 933-2064 or email editor@aanr.com.

EDITORIAL AND REGIONAL SUBMISSIONS

Email articles and news items (300-word limit) to editor@aanr.com.

MARKETPLACE

TRAVEL



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MISCELLANEOUS

The Undressed Press Signup

Not receiving The Undressed Press in your Inbox every month? Visit www.aanr.com or <https://www.aanr.com/noteworthy-events-of-2019/the-undressed-press-to-be-put-on-the-list/>

Attorneys Needed!

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Custody?

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Be part of our Legal Defense Network to assist with nudity issues in the above categories. May be pro bono or paid. Email clubliaison@aanr.com.



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CONGRATULATIONS TO OUR NEW PREMIER MEMBERS!

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MARKETPLACE

AANR Education Foundation

Want to help nudist youth in their quest to further their formal education while making a tax deductible donation to a worthy cause?

Simply send a small (or large) donation to the Education Foundation. This year we have at least six deserving applicants with enviable GPAs and barely enough funds to buy each a textbook if divided among them.

The Foundation is a 501(c)(3) charitable organization that functions independently of AANR. You may contribute online. Visit www.aanr-ef.com for more information.

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Don't forget those photo releases!



www.aanr.com



we'd like to keep in touch

Has your email or home address changed recently? Please let us know so that we may keep our files up-to-date. Just send a message to try-nude@aanr.com with your updated information or mail this form to:

**AANR, 1703 N. Main Street, Kissimmee, FL 34744
or fax to 407-933-7577.**

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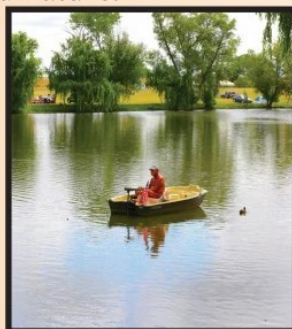
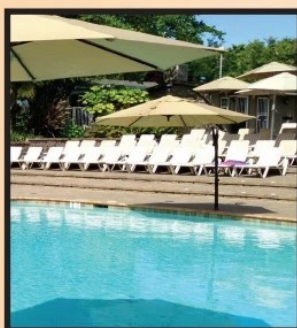


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